



CHOCOLATE BERRY BLAST SPORTS PROTEIN BAR

Nutrition Facts

Serving Size 1 Bar (62g)
Servings Per Container 12

Amount Per Serving

Calories 250 **Calories from Fat** 80

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 125mg **5%**

Total Carbohydrate 26g **9%**

Dietary Fiber 1g **4%**

Sugars 15g

Protein 20g **40%**

Vitamin A 0% • Vitamin C 0%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	65g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CHOCOLATE FLAVORED COATING (SUGAR, PALM KERNEL OIL, WHEY PROTEIN CONCENTRATE, COCOA POWDER, SOY LECITHIN [AN EMULSIFIER], VANILLA), XS™ PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE, MILK PROTEIN CONCENTRATE, HYDROLYZED WHEY PROTEIN ISOLATE, CALCIUM CASEINATE), GLYCERINE, CORN SYRUP, WHEY CRISP (WHEY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, TAPIOCA STARCH, CALCIUM CARBONATE, SOY LECITHIN [PROCESSING AID]), SWEETENED CONDENSED SKIM MILK (MILK SOLIDS, SUCROSE), WATER, GELATIN, SUGAR, ALMONDS, BLUEBERRIES (BLUEBERRIES, SUGAR, SUNFLOWER OIL), PALM KERNEL OIL, INVERT SYRUP, COCOA POWDER, CREAM POWDER, SOY LECITHIN (EMULSIFIER), NATURAL FLAVORS, SEA SALT, PEANUTS.

CONTAINS PEANUTS, ALMONDS, MILK AND SOY.